

May 2016

Recurring Events	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily: 8:00am Coffee Hour Weekly: Monday 9:15am AFEP exercise 10:00am Line Dance 10:00am Walk Strong 10:45am Chair Volleyball 12:30pm Texas Hold 'em Tuesday 9:30am Crochet & Knitting 12:00pm Yoga With a Chair 1:45pm Front Porch Pickers 6:00pm Game Night 6-10pm Wednesday 9:00am Computer Club 9:15am AFEP exercise 10:00am Walk Strong 10:00am Sewing/Quilting Group 10:45am Chair Volleyball 10:45am Texas Twisters 12:00pm 42 with dominos Thursday 1:00pm Line Dance Friday 9:15am AFEP exercise 10:00am Walk Strong 10:45am Chair Volleyball Monthly: Covered Dish Dinner 6:30pm - 2nd Friday Memories in the Making 11:30am - 3 rd Friday Covered Dish Birthday/ New Member Lunch 12:00pm – Last Friday of month Hours of Operation Monday 8:00am - 3:00pm Tuesday 8:00am – 3:00pm 6:00pm – 10:00pm Wed 8:00am – 3:00pm Thursday 8:00am – 3:00pm Friday 8:00am – 3:00pm Saturday 10:00am –2:00pm	2 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Color it! 12:00pm Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi <i>Intermediate 1 – 1:45p</i> 9 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Color it! 12:00pm Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi <i>Intermediate 1 - 1:45p</i> Roughriders 6:00 – 11:30pm 16 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Color it! 12:00pm Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi <i>Intermediate 1 - 1:45p</i> 23 SCOTC Board Mtg. 9:00am AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Line Dance 10 –11:30am Chair Volleyball 10:45am Color it! 12:00pm Texas Hold'em 12:30pm Tai Chi Beginner 12:30pm Tai Chi <i>Intermediate 1 - 1:45p</i> 30 <div>Community Center Closed Memorial Day</div>	3 Crochet & Knit 9:30am BPBS Check 10:00am Coin/Stamp Collectors 12:00 General Membership Meeting (SCOTC) 12:30pm Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm IHOP 4:30pm Game Night 6:00 – 10:00pm 10 Crochet & Knit 9:30am Coin/Stamp Collectors 12:00 Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Firehouse Subs 4:30pm Game Night 6:00 – 10:00pm 17 Crochet & Knit 9:30am Benefits Counseling 10:00 Coin/Stamp Collectors 12:00 Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Freddy's 4:30pm Game Night 6:00 – 10:00pm 24 Crochet & Knit 9:30am Coin/Stamp Collectors 12:00 Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Wasabi 4:30pm Game Night 6:00 – 10:00pm 31 Crochet & Knit 9:30am Coin/Stamp Collectors 12:00 Yoga With A Chair 12:00pm Front Porch Pickers 1:30pm Tony's 4:30pm Game Night 6:00 – 10:00pm	4 Mah Jongg 9 -11am AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Bridge 12:00 pm – 3:00pm Tai Chi <i>Intermediate 1 – 1:45</i> 11 Mah Jongg 9 -11am AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Bridge 12:00 pm – 3:00pm Tai Chi <i>Intermediate 1 – 1:45</i> 18 Mah Jongg 9 -11 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Bridge 12:00 pm – 3:00pm Tai Chi <i>Intermediate 1 – 1:45</i> Colony Cut-Ups 7:00pm 25 Mah Jongg 9 -11 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Quilting Group 10:00am Chair Volleyball 10:45am Bridge 12:00 pm – 3:00pm Tai Chi <i>Intermediate 1 – 1:45</i> <div>Benefits Counseling North Texas Area Agency on Aging Tuesday, May 17 Appointments 10:00 – 12:00 Sign-up required</div>	5 Cribbean Cruise Meeting Key West and The Bahamas 10:00am – 11:00am Color it! 12:00pm 42 with dominos 12 -3pm Matter of Balance 12:30pm - 2:30pm Line Dance 1 – 2:30pm 12 Scrabble 9:00am Bingo card sales at 9:30am First game at 10:00am Matter of Balance 12:30pm - 2:30pm 42 with dominos 12 -3pm Line Dance 1 – 2:30pm 19 New ! Bunco 10:00am Color it! 12:00pm 42 with dominos 12 -3pm Matter of Balance 12:30pm - 2:30pm Line Dance 1 – 2:30pm Dinner Out Hard Eight BBQ 5:30pm 26 Scrabble 9:00am Bingo card sales at 9:30am First game at 10:00am Matter of Balance 12:30pm - 2:30pm 42 with dominos 12 -3pm Line Dance 1 – 2:30pm <div>A Matter of Balance - Free Thursdays, Apr. 7 – May 26 12:30pm -2:30pm Many older adults experience concerns about falling. A Matter of Balance is an award winning program designed to manage falls and increase activity levels.</div>	6 Health & Info. Fair – Free 9:00am – 12:00noon AFEP Exercise: 15 -10:00 Walk Strong Exercise 10:00 Chair Volleyball 10:45am Color it! 12:00pm Bingo card sales at 6:00pm, first game 6:30pm 13 AFEP exercise 9:15 -10:00 Walk Strong Exercise 10:00 Chair Volleyball 10:45am Color it! 12:00pm Covered Dish Dinner 6:30pm 20 AFEP Exercise: 15 -10:00 Walk Strong Exercise 10:00 Chair Volleyball 10:45am Color it! 12:00pm Cruise Info. Meeting 12:00 Memories in the Making & Memory Care Support Group 11:30am – 12:30pm Bingo card sales at 6:00pm, first game 6:30pm 27 AFEP Exercise: 15 -10:00 Walk Strong Exercise 10:00 Chair Volleyball 10:45am Color it! 12:00pm Birthday Cover Dish 12:00p <div>Memories in the Making 11:30am - 12:30pm A free fine arts program for people with dementia. Held on the 3rd Friday of each month. Coffee & Compassion 11:30am - 12:30pm Runs simultaneously with Memories in the Making</div>	7 Game Day 10:00am – 2:00pm Sewing Group 10:00am – 2:00pm 14 Game Day 10:00am – 2:00pm Sewing Group 10:00am – 2:00pm 21 Rummage Sale 9:00am – 2:00pm Game Day 10:00am – 2:00pm Sewing Group 10:00am – 2:00pm 28 Game Day 10:00am – 2:00pm Sewing Group 10:00am – 2:00pm <div>Chair Volleyball Mon, Wed & Fri. 10:45am – 11:45am This beach ball version of the game is something anyone can play. Join the fun!</div>

Call SPAN at 972-624-2247 at least 24 hours in advance for daily lunches at The Colony Community Center or for meals delivered to homebound seniors.